

SANDS Seniors

www.hbsands.org

COMMUNITY SERVICES GUIDE

*Special Edition Celebrating the
New Senior Center in Central Park*

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Opening July 2016

SENIOR CENTER
in Central Park



**Parks
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Life
Better!**

Community Services Department - Enhancing Life In Our Community



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"You can design and create, and build the most wonderful place in the world. But it takes people to make the dream a reality"

– Walt Disney

The dream of a new Senior Center in Central Park has finally been realized! Throughout the process of seeking a new home for the Center, one theme has become abundantly clear: **We are all getting older.**

Statistics show that the number of older adults in the county continues to grow, as the youngest baby boomers have recently come of age. Many who have worked for decades on the planning, development and completion of this project are now senior citizens themselves!

Thank you to all of the dedicated individuals who have devoted your valuable time, talent and treasure to create this wonderful space. A special thanks to the Huntington Beach Council on Aging for your steadfast commitment to creating awareness of the evolving needs of Huntington Beach seniors and responding with resources for innovative services and programs.

When the doors to the new center officially open on July 10th, a new chapter also begins. Our work here has really just begun...great things are yet to be done!

Janeen Laudenback
Director of Community Services

**Parks
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Jay Kreitz	

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Fred A. Wilson, *City Manager*
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MISSION STATEMENT

The City of Huntington Beach Community Services Department provides outstanding programs, services and facilities to enhance and enrich the lives of our residents and visitors.

CITY OF
HUNTINGTON BEACH
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Registration Begins May 31 at 9 a.m.

See Page 26 for information.

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Special Thank You



The Senior Center in Central Park has long been a dream for many! Recognizing the need for expanding services to seniors and the growing number of Baby Boomers, a study was initiated over 10 years ago that documented the need for increased space to provide recreation and outreach to seniors in the community.

Spearheading the movement for a new Senior Center in Central Park was the Huntington Beach Council on Aging (HBCOA). Always at the forefront of emerging aging issues, the HBCOA was the first to pledge \$100,000 towards the new building.

Hoag Hospital has long been a major stakeholder with HB Senior Services. With a focus on fitness and well being, Hoag Hospital supported the construction of the building as well as continued staffing and services through the new Hoag Health and Wellness Pavilion.

Edinger Medical Group and Orange Coast Memorial Medical Center have been long time supporters of the new Senior Center in Central Park and HB Senior Services. Their support of the new senior center will help expand activities, programs and care management services in the exciting years to come.

An active new vibrant senior center would not be possible if not for the efforts of hundreds of volunteers, contributing thousands of hours. By providing much needed support to visitors of the center, and providing direct services to the frail and elderly, the dream of the Senior Center in Central Park will become a reality.

Lastly, City staff has worked tirelessly over past two years preparing for this moment! The opening of the Senior Center in Central Park will provide functional and vibrant space for the legions of persons aged 50 plus in Huntington Beach! Welcome!



Welcome to the Senior Center in Central Park

Enter the new Senior Center and you will notice a feeling of openness as light pours through the Grand Entry windows overlooking the park. Our friendly volunteers will make you feel at home as you are welcomed and provided class, activity, and event information. Regular visitors will receive a unique slide card that gives access to a computer monitor where you will select the activities you plan to attend during your visit.

The Fitness Center is fully furnished with state-of-the-art user-friendly equipment. Classes, appointments with personal trainers, or independent workout times are available in the Fitness Center. (See page 18 for more information).

In addition to care managers and resource specialists, the Center has a travel and resource area, two classrooms for Lifelong Learning, a computer learning center, and game room. The Great Hall is your new destination for the lunch bunch.

Transportation Services will have a designated drop-off and pick-up area in front of the Center, complete with a passenger lounge and room for drivers.

We are confident you will find your time at the new Senior Center in Central Park to be a spectacular experience!

**You are invited
to the official ribbon
cutting ceremony
on Sunday, July 10!**

FREE

Ribbon cutting: 12 p.m.

Open house celebration:
12:30 - 3 p.m.

Lunch, entertainment, facility
tours, activity demonstrations.

18041 Goldenwest St,
Huntington Beach 92648

**Parks
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Life
Better!**



Visionary Sponsorships



Contribute to the Future of Innovative Services and Programs

Whether a Baby Boomer or a Senior Citizen, there is value in the new Senior Center in Central Park! By expanding services and creating space for an increasing number of classes, programs and activities, the new center is poised and ready to meet the needs of an aging community. In addition to the focus on active programming, the center will become the definitive resource on aging, offering important answers to the questions of health and wellness in the 21st century!

Invest in your future and become a partner of excellence – a Visionary! By contributing to the programs and services at the new Senior Center in Central Park, you can help us to continue Huntington Beach's commitment to fostering a healthy lifestyle for all of its citizens.

Your leadership and generosity will forever be memorialized within the new center. The Senior Center in Central Park will feature a Founding Donors Wall and your name or the name of a loved one can create a lasting legacy within the walls of this state-of-the-art facility. Here is how you can become a part of this dream:

Prominent Visionary	\$ 20,000+
Esteemed Visionary	\$ 10,000+
Distinguished Visionary	\$ 5,000+
Honored Visionary	\$ 2,500+
Noted Visionary	\$ 1,000+
Visionary	\$ 500+

Any donation, large or small is welcome! Room naming opportunities are also available with donations beginning from \$40,000. Help ensure your future by investing in the new Senior Center in Central Park. For further information on how you can contribute please contact Randy Pesqueira at rpesqueira@surfcity-hb.org. Our heartfelt thanks goes out to those who have made commitments to the new center.



November 12, 2014 – Official Ground-breaking at the Senior Center in Central Park Site.

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H8016_AD1020b Accepted (11/8/15)



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**CalOptima's Program of All-Inclusive Care
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Call PACE Today!

Do you know someone age 55 or older who:

- Doesn't follow up with scheduled doctor visits despite having medical needs
- Has trouble with managing medication as prescribed
- Has an inadequate or overburdened support system
- Needs socialization, recreation or mental stimulation
- Has chronic or complex medical needs and could benefit from close and frequent supervision
- Needs transportation to and from adult day services and medical appointments

They may be eligible for PACE if:

- They reside in our service area
- Have the ability to live safely in the community
- Meet the nursing facility level of care requirements as determined by the State of California

Participants must receive all needed services, other than emergency care, from CalOptima PACE providers and will be personally responsible for any unauthorized or out-of-network services. The people in the photographs that appear in this document are models and used for illustrative purposes only.

Call us today at:

Telephone: 1-714-468-1100

Toll-Free: 1-855-785-2584

TDD/TTY: 1-714-468-1063

Fax: 1-714-468-1065

Hours of Operation:

8 a.m.–4:30 p.m.,

Monday–Friday

www.caloptima.org

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H7501_Newsletter (01/13/15)

CalOptima PACE 13300 Garden Grove Blvd, Garden Grove, CA 92843



Active Aging

What is “Active Aging?” Simply put, Active Aging is the process of taking part in a variety of activities in order to optimize wellness and enhance quality of life as you age. The Active Aging movement is important for all people because it extends healthy life expectancy and quality of life. Social participation and social support are strongly associated with good health and well-being throughout life. Participation in physical, social, cultural and spiritual activities allows older adults

to continue to exercise their competence, maintain positive relationships, and improve their overall wellness. From creative art classes to educational computer classes, the Senior Center in Central Park will afford community members a myriad of inclusive social activities, programs, classes and events designed to make an Active Aging lifestyle achievable. Keep browsing to explore all that we have to offer and discover how you can transform your well being today!



ARTS & CRAFTS

CARDKATEERS

Have you ever thought of making your own greeting cards? Do you love trying new things? Then we have the class for you. As a Cardkateer, you will make personalized greeting cards to give to your loved ones or friends. Through the course of the class, you will learn and share card-making techniques and ideas. Class meets 1st and 3rd Wednesdays.



Debbie Kellar **Senior Center in Central Park**
351114-5A 18 yrs + W 10:30-11:30am 7/20-9/7 \$6

MORNING MASTERPIECE

Come and join this fun unique craft class. Bring a friend or make a friend! All skill levels are welcomed. Every class is different and all materials are provided. Meet our Wednesday class at the Senior Center in Central Park. Class meets the 2nd and 4th Wednesday of each month.

Angel Velasquez **Senior Center in Central Park**
351113-5A 18 yrs + W 10:30-11:30am 7/27-9/14 \$6

PAINTING AND DRAWING

Develop painting and drawing skills using different techniques through demos and lectures, or use class as studio time. Watercolor, oil, acrylics, pastels, pencils and more are welcome!

Marilyn Oropeza **Senior Center in Central Park**
350115-5A 18 yrs + Tu 8:30-11:30am 7/19-8/2 \$35
350115-5B 18 yrs + Tu 8:30-11:30am 8/9-8/30 \$45

STUDIO ART

This is a chance to get together with other artists for social and unstructured painting and drawing. \$25 supply fee for new students.

Marilyn Oropeza **Senior Center in Central Park**
350149-5A 18 yrs + Tu 12-3pm 7/19-8/2 \$25
350149-5B 18 yrs + Tu 12-3pm 8/9-8/30 \$35



Parks & Recreation
Spark Creativity



Volunteers

are essential to HB
Senior Services programs.

With the opening of the new Senior Center in Central Park, more volunteers will be needed to assist in various programs. Research shows that people receive mental and physical health benefits through volunteering. If you have a heart for seniors, there are opportunities for you to serve.

- Ambassadors
- Bingo Program
- Concierge
- Home Delivered Meals
- Office Support
- SeniorServ Lunch Program
- Transportation
- Wellness Pavilion Assistants

Volunteers donate over 50,000 hours per year, which is equivalent to an in-kind donation of \$1.5 million to the City.

For more information and applications, visit HBCOA.org or contact Volunteer Coordinator Teri Simonis at Tsimonis@surfcity-hb.org.





Computer Learning Center

There has never been a better time to reap the rewards of being computer savvy! Older adults have increasingly been flocking to digital life, making up about 53% of those online. Researchers have suggested that seniors who are acquainted with the internet reap several physical and mental health benefits which can boost your quality of life in a variety of ways. For example, using email and social platforms are a great way to stay in touch with those family and friends far away. In addition, enjoying all of the most current information and

entertainment at your fingertips leaves you feeling fulfilled and civically engaged.

The state-of-the-art Computer Learning Center is a great resource for understanding technology for beginners and beyond. The latest technology is incorporated into classes with rich curriculum to provide education on a variety of topics. Learn how to use your devices in the Introduction to Smartphones and Tablets class, or perfect your photo editing skills in Picasa Photo editing and organizing.



COMPUTER LAB

FUN WITH CRAIGSLIST

What you always wanted to know about Craigslist! Don't miss it! Buy or sell anything FOR FREE! Buy: Make offers, buy items. Sell: Write & edit ads, attach photos. Protection: Learn to protect yourself when using Craigslist. Opportunity: To learn to use one of the most popular shopping websites.

Joel Lander Senior Center in Central Park
350201-5A 18 yrs + Sa 9am-12pm 8/13-8/13 \$38

ESSENTIAL COMPUTER SKILLS

Hands-on instruction of basic but essential computer skills. Learn the keyboard, word processing and the Windows filing system to properly save information and find it. Also learn e-mailing, attaching files to e-mails, downloading, backing-up info on your computer and much more. Friendly, well-paced atmosphere. Experienced and patient teacher. Advanced registration strongly advised.

Joel Lander Senior Center in Central Park
350205-5A 18 yrs + Th 9am-12pm 8/4-8/18 \$72

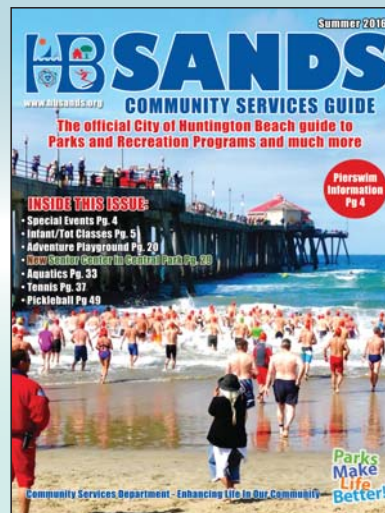
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Organize, edit, and share digital pictures using Google's free Picasa program. Learn how to import/export, and relocate pictures; improve color, lighting, crop, fix red eye and do other edits; share your pictures via email, web albums, CDs, prints and much more. Advanced registration strongly advised.

Joel Lander Senior Center in Central Park
350214-5A 18 yrs + F 9am-12pm 8/26-9/9 \$72



For more on HB Parks and Recreation programs see HB Sands at hbsands.org



INTRODUCTION TO THE INTERNET

This class will help you get familiar with using the internet, with its search engines, how to use email and how to find certain information. While we do this we will focus on keeping your identity safe online. This course is for beginners.

OCSeniors Club Senior Center Central Park
350216-5A 55 yrs + M 9-11am 8/1-8/22 \$66

INTRODUCTION TO FACEBOOK

You will set up your Facebook account, adjust basic settings and learn how to use it. At the end of this class you will understand Facebook lingo and you will know the latest on the do's and don'ts of Facebook.

OCSeniors Club Senior Center in Central Park
350218-5A 55 yrs + M 1:30-2:30pm 8/1-8/22 \$46

INTRODUCTION TO SMARTPHONES & TABLETS

This 1-hour walk-in is for those of you who have a smartphone or a tablet and are still struggling with a few settings or are running into technical issues while using them. We will give you some tips and tricks on how to get the most out of your phone or tablet. Please bring your phone or tablet with a fully charged battery.

OCSeniors Club Senior Center in Central Park
350219-5A 55 yrs + M 2:45-3:45pm 8/1-8/22 \$46



Rental Opportunities

Let us introduce you to the Great Hall, featuring breathtaking views of Central Park coupled with state -of-the-art technology for your next special occasion. This elegant space features a platform stage, access to a beautiful outdoor patio and a cozy lounge to host a classy mixer or event check in.

- **Great Hall**
 - 4600 sq. ft dividable room
 - Platform stage, 630 sq. ft., handicapped accessible
 - 280 banquet seated; 305 theatre seated
 - State-of-the-Art Technology
- **Professional Catering Kitchen**

Need a more intimate space? Three additional rooms are available for smaller groups.

- **Edinger Medical Group – Room 1**
 - 1100 sq ft.
 - 30 banquet seating; 55 theater seating
- **Edinger Medical Group – Room 2**
 - 550 sq ft
 - 15 banquet seating; 25 theater seating
- **Game Room**
 - 1200 sq. ft.
 - 40 banquet seating; 85 theater seating

We are confident you will find the Senior Center in Central Park to be a spectacular experience.

To hold your special occasion at the Senior Center in Central Park please contact the front desk for an appointment at 714-536-5600.



G-MAIL & OTHER GOOGLE GOODIES

A 3-hour hands-on workshop: Learn to use G-mail and familiarize yourself with many of the FREE Google applications available. Tour the Google Maps, Calendar, the "play" store, Google Docs, Google News, YouTube, etc. Take advantage of free Google goodies. Class notes provided.

Joel Lander

Senior Center in Central Park

350220-5A 18 yrs + Sa 9am-12pm 8/20-8/20 \$38

WINDOWS 7 MADE EASY

Learn to navigate and use Windows 7 to your advantage. Personalize your computer. Design your desktop. Understand the start menu and taskbar. Understand the libraries and accessories. Take advantage of the control panel and the many adjustments available in Windows 7. Ask questions, share and discover. Requires basic computer skills.

Joel Lander

Senior Center in Central Park

350211-5A 18 yrs + F 9am-12pm 8/5-8/12 \$66

WINDOWS 10

This is a 3-hour, starter workshop. Explore some new features in Windows 10. The start screen, desktop, tiles, charms, side bars and more. Also, a discussion on organizing your files & folders and backing up your computer. NOTE: This class is for individuals with basic computer experience, not for beginners.

Joel Lander

Senior Center in Central Park

350212-5A 18 yrs+ Sa 9am-12pm 8/27-8/27 \$38



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FAMILY **Caregiver Resource Center** **ORANGE COUNTY**

(800) 543-8312

www.caregiveroc.org

The Caregiver Resource Center of Orange County offers an array of services such as a free in-home Family Consultation and Care Planning, legal and educational workshops and the opportunity to speak directly with a Family Consultant regarding your caregiving situation and your self-care. We offer local Support Groups in English, Spanish and Vietnamese.

Caregiving includes caring for me.

Ser cuidador incluye cuidarme a mi mismo.

Chăm sóc kẻ cả chăm sóc cho chính mình.

The Family Caregiver Resource Center, a program of St. Jude Medical Center, is part of a statewide system of California Caregiver Resource Centers, funded by the California Department of Health Care Services. Additional grant funds are provided by the Orange County Board of Supervisors, through the Orange County Office on Aging with funds from the Federal Department of Aging, Older Americans Act. Services are free and donations are gratefully accepted.

DANCE

LINE DANCE FITNESS: NEW BEGINNING

Been wanting to learn to dance but don't know how to get started? Have fun learning the basic steps and applying them in very easy line dances. Invite a friend so you can both experience the mental and physical benefits of dance along with the joy of moving to music.

Suzy Hazard **Senior Center in Central Park**
350419-5A 18 yrs + F 3-4pm 7/22-9/2 \$39

Linda Maarleved **Senior Center in Central Park**
350450-5A 18 yrs T 2:30-3:30pm 7/19-8/30 \$41
350450-5B 18 yrs T 4:00-5:00pm 7/19-8/30 \$41

LINE DANCE LEVEL 1

Now that you know some of the basic steps and patterns, it's time to have fun learning dances that are a bit more difficult. An Albert Einstein College of Medicine study showed that line dancing frequently can reduce your risk of dementia by up to 76%!

Suzy Hazard **Senior Center in Central Park**
350420-5A 18 yrs + F 4-5pm 7/22-9/2 \$39

LINE DANCE LEVEL 2

Dancing is a great way to reduce stress and get mentally and physically fit while having fun. Dancers who have knowledge and experience with the basic steps and dances are now ready to learn some more challenging dances and all-time favorites. Recommended prerequisite: Introduction Class or previous dance experience.

Suzy Hazard **Senior Center in Central Park**
350428-5A 18 yrs + W 3-4:30pm 7/20-8/31 \$39

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Dancing through the Decades

HBCOA
 Huntington Beach COUNCIL ON AGING

Enjoy an evening "Dancing Under the Stars" at the new Senior Center in Central Park. The evening will include:

- Delicious sit down dinner
- Fun themed games and activities
- Line dance event during the dance break
- Commemorative photo opportunity

Dancing Under the Stars

Friday, September 16 • 7-10pm

HBCOA members: \$20

Non-members: \$25

Enjoy the sounds of the Fresch Experience and dance the night away. Free transportation is available with Seniors on the Go. Tickets are available for purchase starting August 1 at the Senior Center in Central Park.

For more information or to sponsor please call 714-536-5600.



LINE DANCE 2-3

Dancing more than once per week is essential in becoming a more skilled and confident dancer. This new class is specially designed for Level 2 dancers who want to DANCE MORE OFTEN and/or hone their skills in preparation for the Level 3-4 class.

Suzy Hazard

Senior Center in Central Park

350433-5A 18 yrs + M 3:15-4:45pm 7/18-8/29 \$39

LINE DANCE FITNESS: LEVEL 3-4

Dancers who have knowledge and experience with beginning dances and cues are now ready to have even more fun learning more challenging dances along with the latest favorites. Great physical and mental exercise. Instructor is certified in dance and has been teaching over 20 years.

Suzy Hazard

Senior Center in Central Park

350434-5A 18 yrs + W 1-2:30pm 7/20-8/31 \$39

DANCE: TUPUA'S BEGINNER POLYNESIAN

Aloha! Introduction to the fundamentals of Hawaiian Hula and Tahitian dance. Great for fine-tuning motor skills, building self-esteem and showmanship. Have fun dancing to the rhythms of the islands! Class fills quickly. Pre-registration is required.

Melody Seanoa

Senior Center in Central Park

350440-5A 13 yrs+ Tu 6:30-7:30pm 7/19-8/30 \$85

DANCE: TUPUA'S ISLAND DANCE CARDIO

Dance your way to better fitness with the rhythms of the South Pacific! Students should wear comfortable clothing; bring a pareo (sarong) and water bottle. Routines learned will be performed at our "Luau."

Melody Seanoa

Senior Center in Central Park

350439-5A 13 yrs + Tu 7:30-8:30pm 7/19-8/30 \$85

EDUCATIONAL

LEARNING BLACK HISTORY

Learn the truth about Black History from Africa to African-American. Celebrating and discussing our past struggles, accomplishments, inventors, leaders, and heroes. Classes are every 2nd and 4th Saturdays.

OC Learning Black History Senior Center in Central Park

350610-5A 8 yrs + Sa 10am-12pm 7/23-8/27 \$10

Register Online!
www.hbsands.org

Congratulations Huntington Beach Senior Center

*Here's to a great future
enhancing life
in our community*

Tom Freker

Medicare Insurance Specialist

(714) 401-0587

License # 0500854

Proud Member of the Huntington Beach Council On Aging

Are you...

- Turning 65?
- Losing coverage with an employer?
- Living with a chronic condition such as diabetes or heart disease?

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Joanie Webb O'Toole

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SCAN Health Plan® is an HMO plan with a Medicare contract. Enrollment in SCAN Health Plan depends on contract renewal. This information is available for free in other languages. For more information, contact the plan. Y0057_SCAN_9532_2015F File & Use Accepted 11022015 G9783 4/16



Hoag Health & Wellness Pavilion

The Senior Center in Central Park in alliance with Hoag will feature a state-of-the-art 5,600 sq. ft. fitness center, group exercise room, and dance room designed to meet the health and wellness needs of older adults living in and around Huntington Beach. There will be a wide selection of cardiovascular, strength training, free weight and stretching equipment made by Star Trac and TechnoGym, as well as a variety of wellness screenings conducted by Hoag medical staff and partners.

Chosen specifically for its functionality and user friendly design, the fitness center equipment is safe, comfortable and easy to operate for members of all

skill levels. Using the array of machines, equipment and accessories, members 50 years and up will be able to maintain and improve their physical fitness levels while enhancing their quality of life. Come tour the Hoag Health & Wellness Pavilion beginning July 11th and see how our equipment, personal trainers, friendly atmosphere and helpful staff can help you improve your health and accomplish your fitness goals. For more information please call 714-536-5600.





A member of the
St. Joseph Hoag Health alliance

To register for a presentation or screening at
Huntington Beach Senior Center in Central Park,
please call 714-536-5600.

Complimentary Presentations And Health Screenings Provided By Hoag

Seminar

July 18, 2016

**Hypertension – What to Know
and How to Prevent It**

353301-5A

10:30am - 11:30am

About 65% of Americans age 60 or older have high blood pressure. Learn what high blood pressure is, how it is diagnosed, and how we can treat it, so that you can live a healthy life.

Presented by Amit Hiteshi, MD

July 27, 2016

Sun Exposed Skin Care

353302-5A

10am - 11am

Southern California offers year-round sunshine but it can have detrimental effects on your skin. This informative presentation will share knowledge and tips to best protect and care for your skin.

Presented by Laura Cohen, MD

July 28, 2016

I'm turning 65, now what?

Medicare Basics Class

353303-5A

6pm

Turning 65, new to Medicare, or changing from an employer group plan? Learn the basics about Medicare and the different Medicare plan options: Medicare Supplement Insurance plans, Medicare Advantage HMO and PPO plans, and Medicare Part D prescription drug coverage. This event is for educational purposes only. No specific plan information will be shared.

August 11, 2016

**Mindfulness As Medicine –
a Fad, Trend, or Here to Stay?**

353304-5A

10:30am - 11:30am

There has been a surge of clinical research suggesting that mindfulness, in particular meditation and yoga, can help reduce stress and improve quality of life. Join Dr. Amit Hiteshi, a Hoag Medical Group internist, as he discusses the science behind these studies and the origin of these ancient practices. He will even demonstrate a few simple mindfulness practices that can be seamlessly incorporated into your busy schedule and allow you to live a healthier life.

August 17, 2016

Vitamin D – Hype or a Reality?

353305-5A

10:30am - 11:30am

An educational discussion on Vitamin D and how it pertains to your overall health, who needs it, and why. Additionally, healthy kidneys maintain fluid and electrolyte balance as well as activate Vitamin D and therefore, Dr. Love will discuss how to keep your kidneys healthy.

Presented by Nancy Love, MD

September 1, 2016

**Latest Treatment Options for
Thyroid Cancer**

353306-5A

12:30 pm - 1:30 pm

Thyroid cancer is not rare. In 2016 alone, we expect to see over 60,000 new cases of thyroid cancer in the United States. Let's talk about the common, uncommon and rare types of thyroid cancer, and the treatment options available.

Presented by Jinsun Choi, MD

Health Screenings

July 19,
August 2 &
August 16

Blood Pressure Checks

9:30 a.m. - 11:30 a.m.

July 20,
August 10 &
August 24

Hearing Screening

9:30 a.m. - 11:30 a.m.

July 21

Oxygen Screening

9:30 a.m. - 11:30 a.m.

August 18

Glaucoma Screening

9:30 a.m. - 11:30 a.m.

August 25

**Individual Consultation
for Medicare Questions**

9:30am - 11:30am

Join our independent licensed insurance agent, available to answer your Medicare and related insurance questions.

August 26

Cataract Screening

9:30 a.m. - 11:30 a.m.

HEALTH & FITNESS

KINETIC MINDFULNESS

The process called "Kinetic Mindfulness" is a form of active meditation. The process focuses on breathing techniques, urban meditation and creative imaging for practical and fulfilled living. *No Class Dates: Sep-5*

David Phears Senior Center in Central Park
350815-5A 18 yrs + M 9:30-10:30am 7/18-9/12 \$100

CIRCUIT TRAINING

Lively music and fun routines will motivate you to keep moving in this faster-paced low impact class designed specifically for older adults. The low impact (cardio) routines are mixed with strength and balance work for an interval style of workout that is great for the whole body! Bring a pair of hand weights (3-5 lbs.), Dynaband and tubing (Dynaband \$4 and tube \$12 available for purchase first day of class). Also bring a mat for a short session of corework done on the floor.

Marianne Grossman Senior Center in Central Park
350816-5A 55 yrs + F 10:15-11:15am 8/5-9/2 \$25

FLEX & STRETCH

This stretch and strength class in a chair is excellent for increasing joint mobility and muscle flexibility while building strength, stamina and balance. Designed to improve posture and support arthritic joints, you'll be guided through a variety of exercises (both seated and standing) using bands and light hand weights. Bring a pair of weights (2-3 lbs). \$4 materials fee for Dynaband payable in class.

Marianne Grossman Senior Center in Central Park
350817-5A 55 yrs + Tu 10:15-11am 8/2-8/30 \$25
350817-5B 55 yrs + Th 9:15-10am 8/4-9/1 \$25



SENIOR CARDIOFIT

As we age, leading an active lifestyle becomes more important than ever. Regular exercise helps seniors maintain health, boost energy and improve confidence! Come experience Senior CardioFit, a class designed for folks 50+ with fun music and easy to follow low impact routines. Stay motivated!

Marianne Grossman Senior Center in Central Park
350837-5A 55 yrs + Tu,F 9-9:45am 8/2-9/2 \$25

FITNESS FOR LIFE

Come join the work-out using body weight, bands, stretching and exercise balls. First class will include an assessment. We'll set goals to get you fit to enjoy whatever it is you love to do! Enrollments are kept low to insure personal attention and training. Bring mat or towel to class.

Phil Hart Senior Center in Central Park
350838-5A 30 yrs + W 6-7pm 7/20-9/14 \$95

TOTAL BODY STRETCH

Everyone benefits from stretching on a regular basis. Stretching improves posture and circulation, helps you become more limber and relaxed, and can even prevent injuries. This easy-to-follow class will help make stretching a part of your wellness routine. Bring an exercise mat. *No Class Dates: Jul-25*

Marianne Grossman Senior Center in Central Park
350857-5A 18 yrs + M 5:30-6:30pm 7/18-8/29 \$39

CHAIR YOGA

Yoga unites mind and body reducing stress, promoting holistic health benefits. Therapeutic practice based on current medical Yoga research. Class combines postures, meditation and philosophy in a breath-centered practice to promote overall well-being. Benefits include reduced pain and blood pressure, improved memory, flexibility, balance and sleep. Instructor: Diane Pavesic, Certified Yoga Therapist, BSN, YTRx-500 C, ERYT-500.

Diane Pavesic Senior Center in Central Park
350866-5A 18 yrs + M 10-11am 7/18-8/22 \$56
350866-5B 18 yrs + M 11:15am-12:15pm 7/18-8/22 \$56

YOGA: SENIOR CENTER IN CENTRAL PARK

Yoga unites mind and body reducing stress, promoting holistic health benefits. Therapeutic practice based on current medical Yoga research. Class combines postures, meditation and philosophy in a breath-centered practice for overall well-being. Benefits include reduced pain and blood pressure, improved memory, flexibility, balance and sleep. Bring mat and blanket. Instructor: Diane Pavesic, Certified Yoga Therapist, BSN, CCM, YTRx-500 C, ERYT-500.

Diane Pavesic Senior Center in Central Park
350872-5A 18 yrs + Th 10am-11pm 7/21-8/25 \$56
350872-5B 18 yrs + Th 11am-12pm 7/21-8/25 \$56

HB PILATES: PILATES CHAIR

Pilates chair is designed for all ages and ability levels and is great for people over 50 because of its low impact/gentle exercises. Chair Pilates uses resistance bands for sitting/standing exercises. Improve: balance, flexibility, strength, posture and enhance mind-body connection to help reduce the risk of falls. Bring water and grip socks.

HB Pilates

Senior Center in Central Park

350879-5A	18 yrs+ M	12:30-1:30pm	7/18-8/29	\$81
350879-5B	18 yrs+ W	12-1pm	7/20-8/31	\$81
350879-5C	18 yrs+ F	12:30-1:30pm	7/22-9/2	\$81
350879-5D	18 yrs+ any 2 days	12-1:30pm	7/18-9/2	\$144
350879-5E	18 yrs+ all 3 days	12-1:30pm	7/18-9/2	\$164

TAI CHI CHUAN FOR BEGINNERS

A "no sweat" form of mental and physical health exercise. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body's muscles. Wear comfortable clothing.

Elizabeth Pham

Senior Center in Central Park

350881-5A	18 yrs + M	6:45-8:15pm	7/18-8/22	\$30
350881-5B	18 yrs + Th	9-10:30am	7/21-8/25	\$30



TAI CHI CHUAN FOR INTERMEDIATE

A "no sweat" form of mental and physical health exercise. Tai Chi produces a balanced unification of body, mind and spirit while stretching and toning the body's muscles. Wear comfortable clothing.

Shona Howe

Senior Center in Central Park

350882-5A	18 yrs + M	6:45-8:15pm	7/18-8/22	\$30
350882-5B	18 yrs + Th	9-10:30am	7/21-8/25	\$30

Advance Directive – You Call the Shots!

**Thursday, August 25, 2016
6-7:30 p.m.**

The Senior Center in Central Park

Did you know you can make decisions regarding the kinds of medical services you prefer in the event you are unable to speak for yourself? Join **Beth Hambelton**, senior program and community outreach liaison at **Orange Coast Memorial**, as she discusses what an advance directive is, why it's important to have one, how to complete it, and who to give it to before you need medical care. Advance directive forms and light refreshments will be provided. Space is limited and reservations are required. Visit memorialcare.org or call 1-800-MEMORIAL (1-800-636-6742).



HB PILATES: PILATES CHAIR -SITTING ONLY

Pilates Chair-Sitting Only is a more gentle approach to Pilates Chair and a great introduction to the class because all exercises are done while sitting in a chair. Integrating resistance bands and small exercise balls, we will work on improving: strength, flexibility, posture, and an enhanced mind-body connection. Bring water and grip socks. *No Class Dates: Jul-4*

HB Pilates

Senior Center in Central Park

350895-5A	18 yrs+ M	11:45am-12:30pm	7/18-8/29	\$73
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ZUMBA AGES 6 TO 86

Bring your family and friends to this fun-packed Zumba class for all ages! Easy dance steps set to fabulous world music will increase muscle tone, balance and flexibility. Going on vacation? We will prorate for the number of classes you can attend. Ditch the workout! Join the Party!

SockhopFitness

Senior Center in Central Park

350813-5A	6 yrs + Tu	6-6:45pm	7/19-8/30	\$42
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ZUMBA GOLD/ZUMBA TONING

Ditch the workout, join the party! Zumba Gold is a latin dance-inspired class with fun routines and a lively atmosphere that makes it one of the hottest fitness trends around! Zumba Gold is a great way to get fit, whether you are a novice or experienced exerciser. The class also incorporates Zumba Toning, where light weights are used for some of the dances.

Marianne Grossman

Senior Center in Central Park

350848-5A	55 yrs + Th	10:15-11:15am	8/4-9/1	\$30
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MARTIAL ARTS

FAMILY MARTIAL ARTS

This is a certified studio of the World Tang Soo Do Association. Tang Soo Do is an ancient Korean Art with a 2000 year legacy. There is a minimum of one adult and one child per family group. Enjoy getting healthy together. Registration fee includes 4 family members, and there is a \$6 fee per each extra student. Take 2 days per week and save \$35.

Frances Cardinal		Senior Center in Central Park			
350904-5A	3 yrs +	Tu	5-6pm	7/19-8/30	\$60
350904-5B	3 yrs +	Th	5-6pm	7/21-9/1	\$60

MARTIAL ARTS FOR ADULTS

This is a certified studio of the World Tang Soo Do Association. Students will be introduced to the basics of Tang Soo Do Philosophy, History, Blocks, Punches, Sparring, Weapons and Forms. Opportunities for advancement. Any one day \$60, any 2 days \$115, all 3 days \$150.

Frances Cardinal		Senior Center in Central Park			
350901-5A	16 yrs +	Tu	6:15-7:45pm	7/19-8/30	\$60
350901-5B	16 yrs +	Th	6:15-7:45pm	7/21-9/1	\$60
350901-5C	16 yrs +	Sa	10am-12pm	7/23-9/3	\$60

MUSIC

UKE PLAYERS ANONYMOUS-LEVEL 1

Would you like to learn to play ukulele? If so, this is the class for you! Uke Players Anonymous will introduce you to all the basics of ukulele; chords, strumming, and songs. Bring your ukulele and tell a friend! \$5 materials fee due at first class.

Guava Groove		Senior Center in Central Park			
351003-5A	18 yrs +	Tu	9:30-10:30am	7/19-9/6	\$70

UKE PLAYERS ANONYMOUS-LEVEL II

This class is for students who already have a basic foundation in ukulele and realize they can't put it down! An emphasis will be placed upon rhythm, repertoire, basic theory, and performance! \$5 materials fee due at first class.

Guava Groove		Senior Center in Central Park			
351004-5A	18 yrs +	Tu	10:45-11:45am	7/19-9/6	\$70



SPECIAL INTEREST



BEGINNING BRIDGE

Finally our new Senior Center! If you are now ready to learn bridge you could not have picked a better time. This is party bridge or contract bridge. Discussion/play bidding, counting and responding. Partner is not required. Having fun while you learn is the top priority.

Rita Spira		Senior Center in Central Park			
351102-5A	18 yrs +	M	2-4pm	7/18-8/29	\$58
351102-5B	18 yrs +	W	6:30-8:30pm	7/20-8/31	\$58

BRIDGE INTERMEDIATE 1

New surroundings! Meet other players also looking to improve their techniques with additional conventions plus those that are tried and true. Stayman, Jacoby transfer, Blackwood, Scoring, Pre-emptive bids, Defensive play, 2 Clubs, more. No partner required. The basics of bridge are required for this class. Come join the fun.

Rita Spira		Senior Center in Central Park			
351103-5A	18 yrs +	Tu	2:30-4:30pm	7/19-8/30	\$58

PRACTICE BRIDGE

Learning to play Bridge and looking for a place for you and your friends to play? Sign up to play here at Rodgers on Friday afternoons. Good opportunity to practice what you have learned in class by playing in actual situations. Knowledge of bridge rules and etiquette is a must!

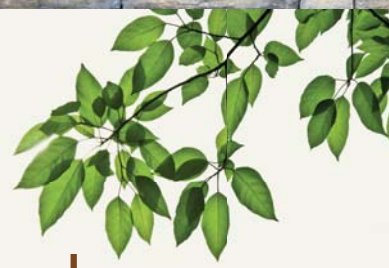
Recreation Staff		Senior Center in Central Park			
351108-5A	18 yrs +	F	1-4pm	7/22-9/9	\$20

CPR/AED FOR INFANTS, CHILDREN

An interactive class where students will learn about the basics of CPR/AED use for infants, children and adults. Please join us to learn lifesaving techniques and we will share our knowledge. American Heart Association card will be issued to all who participate. Please bring a self-addressed stamped envelope. \$15 materials fee due at first class. Includes Heartsaver CPR book.

OC-CPR NET		Senior Center in Central Park			
351104-5A	16 yrs +	Sa	9am-2pm	7/30-7/30	\$50

Social Activities at the Senior Center in Central Park



All Social Activities begin the week of July 18th.

Day and time subject to change depending upon room availability.

Afternoon at the Movies

Do you love movies? Enjoy a Friday afternoon at the Senior Center watching the latest movies. Popcorn is served. Please inquire at the Front desk for movie selection and schedule.

Fridays • 12:30pm

Bingo

Enjoy an afternoon of Bingo. \$2 buy in for 4 cards with a \$3 payout. Card sales begin at 10:30am.

Mondays and Thursdays
• 12:30-2:45pm

Chess

Did you know that Chess can raise your IQ or prevent Alzheimer's? This game exercises both sides of your brain while enjoying the company of others. Drop-ins welcome.

Mondays • 12:30-4:00pm

Drum Yourself Healthy

Group drumming is shown to increase the activity of your cancer killing white blood cells while it decreases stress. Discover your own inner rhythm.

No experience necessary.

Tuesday, August 9 • 10-11:15am

Free • Sponsored by the Huntington Beach Council on Aging

Duplicate Bridge

Also known as "Ward's Bridge Group." Enjoy a game of Duplicate Bridge on Tuesdays. All are welcome.

Tuesdays • 11-1pm

Handcrafters

Do you enjoy knitting? Knit or crochet at 10:30am each Friday. Proceeds from the handcrafted items benefit the community seniors. Free instruction and materials

Fridays • 10:30am-12:30pm

Longevity Stick

The "Longevity Stick" regimen incorporates a series of 12 movements designed to improve balance, flexibility, strength, mental focus, breathing capacity and vitality. This all volunteer led activity is a low impact exercise done while standing and reduces the risk of injury while improving circulation and balance.

Mondays and Wednesdays
• 9:30am-10:30am

Mahjong

Similar to the Western game rummy, Mahjong is a game of skill, strategy, and calculation and involves a certain degree of chance. Enjoy a friendly game during this drop-in activity.

Wednesdays • 11-3pm

Party Bridge

Do you enjoy a good game of Bridge? Drop in on Thursdays!

Thursdays • 12-3pm

Pinochle

A card game that sets you thinking. All are welcome.

Tuesdays and Fridays • 9am-4pm

Scrabble

Enjoy creative thinking with a great game of scrabble, a fun and classic word game. Expand your vocabulary while racking up the points.

Tuesdays • 12:30-3pm

Singing Goodtimers

Practice Wednesday mornings 8:30am-10:00am at the Senior Center in Center Park. Weekly gigs at local venues. A love of singing is the only requirement.

Wednesdays • 8:30am-10:00am

Swing Dance

Come dance the night away with the Beach City Big Band.

4th Monday • 7:30pm

Tech Club

Interesting presentations and content about technology. If you're a tech lover, then this club is for you!

2nd and 4th Thursdays • 2pm

Wii Bowling

The Surf City Strikers enjoys practice once a week and plays friendly competitive games with neighboring communities several times throughout the year. Great for all!

Wednesdays • 9-11am

Woodcarvers

Come and learn the art of Woodcarving! All are welcome, beginners will receive instruction and learn the craft from the experts.

Thursdays • 6:30-8:30pm

Aging in Place



Social Services Resource Center

Huntington Beach Senior Services has long consisted of a combined approach to healthy aging: Rodgers Seniors Center providing recreation with a focus on active aging and Senior Outreach providing direct services to the frail and elderly. This work will continue under one roof with the new Senior Center in Central Park! Committed to the value of independence of the senior population who may face challenges, Senior Services will continue to operate three key programs that enhance independence with an emphasis of successfully aging in place.

Care Management

Care Managers focus on connections with programs and services for the frail and elderly, homebound and at-risk seniors. They connect seniors with services that assist elders in the city with physical, social and nutritional needs. Professional staff and volunteers work directly with older adults, their families and the community to facilitate independence and health. Care Managers make weekly, monthly or quarterly contact with seniors needing ongoing services. Services vary from short term to long term, depending on need. Care Managers work closely with the Home Delivered Meals (HDM) and Transportation staff.

Home Delivered Meals

For over 26 years the Home Delivered Meals (HDM) program has provided nutrition services to vulnerable, nutritionally at-risk, adults 60 years of age and older in Huntington Beach. On average, HDM serves approximately 140 people, 3 meals a day, 5 days a week totaling 94,000 meals served annually. Through the HDM program, at-risk clients may receive daily delivered meals, nutritional supplements, or grocery gift cards. Staff also provides referral and information to other social services available in the community.

Transportation/ Surf City Seniors on the Go!

The Surf City Seniors on the Go! Transportation program provides much needed mobility to keep seniors moving and healthy. The program offers non emergency medical trips and rides to the senior center for recreational and nutritional needs. Trips to any location in Huntington Beach including Huntington Beach Hospital, the busses, vans and sedans that make up the transportation service also travel to Hoag Hospital and Cancer Center in Newport Beach; Fountain Valley Hospital and Orange Coast Memorial Medical Center in neighboring Fountain Valley. Call 714-374-1742 and book a ride today. Seniors aged sixty years and older are eligible.



www.hbcoa.org 714-374-1524

Officially recognized by the City Council of Huntington Beach as representing its local senior citizens, the HBCOA was awarded non-profit status in 1973 and has always been at the forefront of aging issues. During the design stage of the new Senior Center in Central Park, the City Council directed the HBCOA to provide input related to the overall design of the new center.

Vision

The Huntington Beach Council on Aging seeks to enhance the dignity and quality of life of Huntington Beach Seniors.

Mission

The Huntington Beach Council on Aging will create awareness of the evolving needs of Huntington Beach seniors and respond with resources for innovative services and programs.

Senior Saturday Community Festival

Senior Saturday Community Festival
Saturday, September 10, Pier Plaza.

One of Orange County's largest Senior Expos, Senior Saturday features over 80 vendors and senior providers at Pier Plaza. Serving as one of the HBCOA's major fundraisers, profits are used to support direct services to seniors in Huntington Beach. A great event for families and loved ones!

Membership

Join the Huntington Beach Council on Aging! Membership is \$10 per year and includes a subscription to the Outlook newsletter. The newsletter includes a calendar of activities detailing events and services/classes. Visit www.hbcoa.org for updated information on the HBCOA and how to join this wonderful group representing seniors in Huntington Beach.

SPONSORED BY THE HBCOA

- Bingo
- Dances
- Friday Afternoon at the Movies
- Luncheons
- New Year's Eve Celebration
- Senior Softball Tournament
- Senior Surf Invitational
- Travel
- Volunteer Appreciation

HBCOA

presents the

24th Annual ON COURSE Golf Tournament

June 17, 2016

Meadowlark Golf Club



Golfer and Sponsor Registration:
HBCOA.org

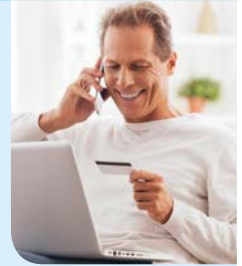
CLASS REGISTRATION BEGINS **MAY 31 AT 9 AM**

REGISTER ONLINE *hbsands.org*

- Save Time
- No Waiting
- Save Postage
- No Stress

Mail, Walk In or Drop Off your registration at any HB Community Services Center

1. Mail-in registration will not be given any priority.
2. Payment by check or money order made payable to the City of Huntington Beach – please include a separate check for each class. \$30 will be charged for returned checks.
3. Payment by credit card – Please complete all payment information on the Registration Form.
4. To receive a class confirmation receipt, simply enclose one self-addressed, stamped envelope.
5. Improperly submitted registration will not be processed.
6. Mail registration to: **City of Huntington Beach, Community Services Department**
PO Box 190, Huntington Beach, CA 92648-0190



WITHDRAWAL AND REFUND POLICY:

Full refunds are available for classes that are cancelled. All other withdrawals are subject to a Six Dollar (\$6.00) processing fee for each class session. Refunds after the start of the program are contingent upon CITY approval and will be assessed a \$6.00 processing fee and will be prorated based on the number of classes held. Credit card transactions will be refunded to the same credit card used for enrollment. Cash or check transactions may receive a refund in the form of a City issued check. Refunds are not available for workshops without a two-day notice, special events, or classes that have concluded, unless approved by Supervisor due to extenuating circumstances.



The City of Huntington Beach Community Services Department intends to comply with the Americans with Disabilities Act. If you require special assistance for participation in our recreation programs please notify staff at the time of registration or call 714-536-5486.

WALK-IN/MAIL-IN CLASS REGISTRATION FORM (PRINT)

P A Y E E	*Name:	*Email:		
	*Address:	Billing Address:		
	*City:	*Zip Code:		
	*Home Phone: ()	Work Phone: ()	Cell Phone: ()	
* Required Fields. Email address will only be used for City of Huntington Beach information.				

P A R T I C I P A N T	Activity #	Activity Name	Day	Time	Participant Name	Birth Date	Gender	Fee
	_____ - _____						M F	
	_____ - _____						M F	
	_____ - _____						M F	
	_____ - _____						M F	
Total of Activities Fees \$								
The above named participant has my permission to participate in the activity indicated above. I realize every precaution is taken to eliminate any injuries or hazards and a competent supervisor is present; however, in the event of an injury, I hereby waive, release and hold harmless from any liability for damages or claims for damages for personal injury, including accidental death, as well as from claims for property damage which may arise in connection with the above named activity, against the Supervisor, Community Services Department personnel and the City of Huntington Beach. Registration constitutes permission or the City of Huntington Beach to take and use any photograph of the above named participant and/or legal guardian in any promotion materials without compensation to the above named participant and/or legal guardian of the above name participant for such use.								
Date:			Signed:					

P A Y M E N T	Cash (walk-in only) :	Check #:	Receipt #:
	<input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> Discover # _____		
	Expiration Date _____ / _____ Month Year		Cardholder Signature _____

Map

HOURS OF OPERATION

Building:

Mon-Thurs8am-9pm
Friday8am-5pm
Saturday8am-1pm

Fitness Center:

Mon-Thurs8am-8pm
Friday8am-5pm
Saturday8am-1pm



Senior Center in Central Park
18041 Goldenwest St,
Huntington Beach, CA 92648

Directory

- **Randy Pesqueira**
Senior Services Executive Director
RPesqueira@surfcity-hb.org
- **Kristin Martinez**
Recreation Supervisor
Kmartinez@surfcity-hb.org
- **Scott Getman**
Recreation Specialist
Scott.getman@surfcity-hb.org

Senior Center in Central Park Front Desk 714-536-5600
Hoag Health and Wellness Pavilion 714-374-1578
Transportation 714-374-1742
Huntington Beach Council on Aging 714-374-1524
SeniorServ Office 714-375-8404

- **Teri Simonis**
Volunteer Coordinator
TSimonis@surfcity-hb.org
- **Michelle Yerke**
Care Manager
MYerke@surfcity-hb.org
- **Brandi Kelly**
Transportation Coordinator
BKelly@surfcity-hb.org
- **Heather Dodd**
Office Assistant II
Heather.dodd@surfcity-hb.org



Community Services
2000 Main Street
Huntington Beach, CA 92648

RESIDENTIAL CUSTOMER

PRESORTED STANDARD
ECRWSS
U.S. Postage
PAID
Huntington Beach
CA 92648
Permit #23

Hoag in Your Community

Hoag is proud to host informative presentations and complimentary health screenings delivered by our physicians, medical staff, and partners.

PRESENTATIONS

July 18, 2016

Hypertension – What to Know
and How to Prevent It
10:30 a.m. – 11:30 a.m.

July 27, 2016

Sun Exposed Skin Care
10 a.m. – 11 a.m.

July 28, 2016

I'm turning 65, now what?
Medicare Basics Class
6 p.m.

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Vitamin D – Hype or a Reality?
10:30 a.m. – 11:30 a.m.

COMPLIMENTARY HEALTH SCREENINGS

July 19, August 2 & August 16

Blood Pressure Checks
9:30 a.m. – 11:30 a.m.

July 20, August 10 & August 24

Hearing Screening
9:30 a.m. – 11:30 a.m.

July 21, 2016

Oxygen Screening
9:30 a.m. – 11:30 a.m.

August 18, 2016

Glaucoma Screening
9:30 a.m. – 11:30 a.m.

August 26, 2016

Cataract Screening
9:30 a.m. – 11:30 a.m.



**For more information about
Hoag Memorial Hospital
Presbyterian, please visit
HOAG.ORG.**



A member of the
St. Joseph Hoag Health alliance

© Hoag Medical Group, 03/2016

To register for a presentation or screening at Huntington Beach Senior Center in Central Park, please call the City of Huntington Beach at 714-536-5600.